



## **Be the Best You Can Be**

Here's a quick checklist of things you can do to have a successful school year:

- Know your deadlines
- Make a calendar of stages and final due dates, or enter them in your student handbook
- Include social events on this calendar to help coordinate study time with social time
- Understand the assignment and expectations
- Give yourself a quiet place to study with all the materials you need; refrain from multi-tasking (IM, texting, watching television) when working on your studies
- Give yourself brief breaks when studying
- Refrain from putting work off until the last minute; you'll be too frantic to focus
- Refrain from doing your homework late at night or in bed
- Don't let yourself be bored; find the aspect of the project or paper that interests you

(adapted from a article in *kidshealth.org*)

images courtesy of *lmtsd.org*